

BODYBUILDING WORKOUT FOR BEGINNERS: TARGET YOUR BACK

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FIT TIP
THURSDAY



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So you've decided you want to build some muscle and you're looking for ideas on how to get started with a bodybuilding-style workout program. Awesome. It matters not whether you are male or female, young or not-so-young – all that matters is that you are interested in adding quality lean muscle to your frame. Yes, bodybuilding is for both sexes and all ages. Everyone can benefit from increased muscle mass, aesthetically as well as functionally. As the saying goes, "Strong is the new skinny."

Bodybuilding workouts generally focus on specific body parts, quite often targeting just a few muscle groups per session. Monday might be back and biceps; Tuesday chest, shoulders and triceps, and Wednesday legs. The goal is to focus on specific muscle groups, breaking down the muscle tissue so that it can rebuild itself bigger and stronger.

This introductory bodybuilding workout targets the back with three tried-and-true exercises:

The exercises in this workout video are:

1. Dumbbell Rows
2. Bent-Arm Dumbbell Rows
3. Dumbbell Deadlifts

Each exercise is done for 10 reps and the circuit is repeated two times through. When you choose a weight for this workout, be sure to choose a weight that is challenging when you do the last few reps of an exercise, but still allows you to maintain proper form. You may find you need to change the weight between exercises, which is okay to do.

If you're looking for a great pair of dumbbells to use for this workout and our [other workouts](#), be sure to check out [SelectTech Dumbbells](#).

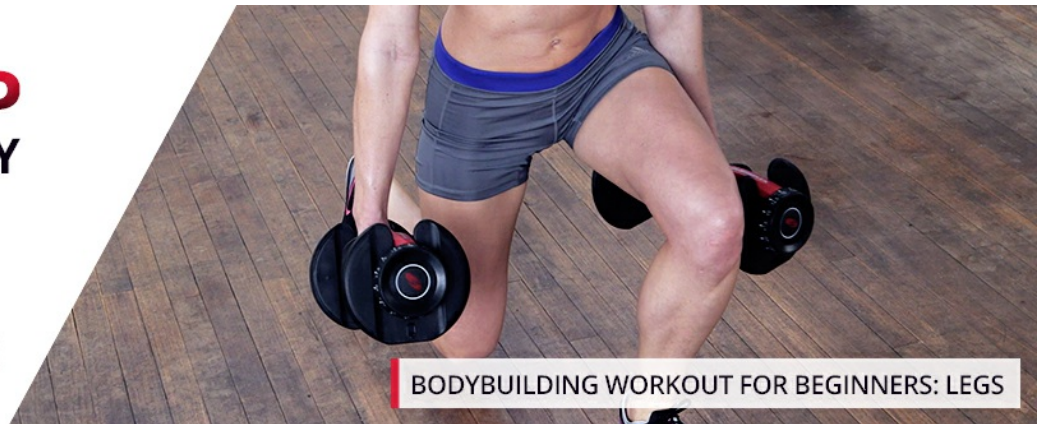
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